



USCGC HEALY (WAGB-20)



PLAN OF THE DAY SUNDAY--13 AUGUST 2006

UNDERWAY HOLIDAY ROUTINE

0700 - 0900 Breakfast!
1000 Catholic Services (Wardroom)
1000 - 1200 Breakfast with corn dogs!
1300 Protestant Services (Wardroom)
1500-1730 CLEP Prep
1700 - 1800 Dinner
2200 SWIII down 'til 0800 Monday.

NOW HEAR THIS. NOW HEAR THIS... The Pipe Reduction Initiative to Reduce Pipes is in effect on a trial basis. The Plan du Jour is published every day. Read 'n' Heed.

A LOOK AHEAD

Really...Look Ahead. Do not save your burning for Saturday. Burning things is fun all week long! The incinerator is open Monday through Friday. And don't stay in the space too long—the smoke is not good for you. Unless you're leaving to go to the smoke deck, in which case you should probably stay.

14 Aug Crew Endurance Management NWG Meeting (Science Conference Lounge)
Late Aug Initiation into the Realm of the Arctic
30 Aug Mid-Patrol Break, Dutch Harbor

MOVIES

1000/Channel 4 - Goldeneye
1000/Channel 5 - Hang 'em High
1000/Channel 6 - League of Extraordinary Gentlemen

1200/Channel 3 - The Court Martial of Billy Mitchell
1200/Channel 4 - First Knight
1200/Channel 5 - Gigli
1200/Channel 6 - Harry Potter & Chamber of Secrets

1400/Channel 3 - TORA!TORA!TORA!
1400/Channel 4 - Blade: Trinity
1400/Channel 5 - Conan the Destroyer
1400/Channel 6 - Great Raid, The

1600/Channel 3 - TORA!TORA!TORA!
1600/Channel 4 - Glory Road
1600/Channel 5 - Hitch
1600/Channel 6 - Seabiscuit

1800/Channel 3 - Destination Tokyo
1800/Channel 4 - Cold Mountain
1800/Channel 5 - Girl Next Door, The
1800/Channel 6 - Head of State

2000/Channel 4 - Cradle 2 the Grave
2000/Channel 5 - Hide And Seek
2000/Channel 6 - Road to Perdition

DON'T BURN BOOKS IN THE INCINERATOR

WHILE I GENERALLY APPROVE OF A VIGOROUS BOOK BURNING, ESPECIALLY ANYTHING BY RAY BRADBURY, THE INCINERATOR CAN'T HANDLE IT. AND THAT'S WHY IT'S CLOSED AGAIN TODAY.

MORE "MURPHYISMS"...

- Things only break at night and on weekends
- Bingo prizes are only won by civilians
- Measure twice, cut once - Murphy's Law - Measure twice, cut two or three times, then throw it in the trash can
- It is impossible to drill a hole in the center of something.
- If it's not one thing [gone wrong], it's three!
- There're slumps in all systems.
- If you ask for six Murphy-isms, the last one will be incomprehensible.

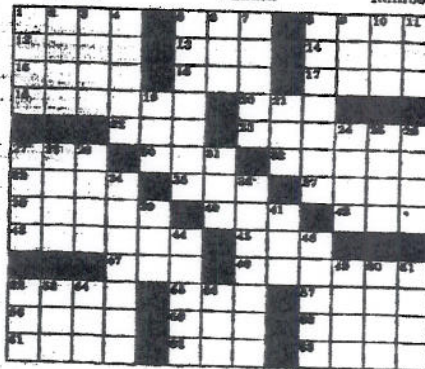
CROSSWORD 39

ACROSS

- Visit the supermarket
- Summer sodas sign
- Cartoonist's rival
- Word on a valentine
- Historic time period
- Admit openly
- Secondhand
- Museum display
- Used to be
- President Ford
- Cattle food
- Southern general

DOWN

- Witches' charms
- Luxury resort
- Mr. Gershwin
- Courtroom event
- Game played on horseback
- Gentlemen's title
- Of sound mind
- Morning clock-buzzer
- Strike sharply
- Ketchup color
- Watched (sheep)
- Dog's enemy
- Whitney or Wallack
- Large packing boxes
- Detect sounds
- Number for tea?
- Took the subway
- Give the eye to
- Makes a dove's sound
- Produced a sketch
- Medal metal
- Female fowl
- Deadlines
- Bicycle lever
- Expedition guides
- Go astray
- Sworn statements
- Attorneys
- Preholiday night
- Neighbor's mate
- Have debts
- Floral necklace
- Likely (to)
- One who fibs
- Bowling aisle
- Winter coarser
- Little bit
- Fishing stick
- "M*A*S*H" star Alda
- Ventilate
- Gave a command
- "Masked" creature
- Breaks of comedy
- Good golf score
- Roadside drainage trench
- Late for class
- Ripped into pieces
- Adam's home
- Does a tailor's job
- Sty resident
- Sense of self
- Every bit
- Intense sorrow



J. C. JACKSON
Executive Officer

All Hazards, All Threats, Always Ready...Semper Paratus!



USCGC HEALY (WAGB-20)



PLAN OF THE DAY MONDAY--14 AUGUST 2006

UNDERWAY DAILY ROUTINE

0000-0800 SWIII Down
0700 - 0800 Breakfast
1100 - 1200 Lunch
1225 + 1230 Officer's Call + Quarters
1300 Crew Endurance Management NWG Meeting (Science Conference Lounge)
1700 - 1800 Dinner
1815 Planning Meeting (Wardroom)
1815 DCPQS Training (Messdeck)

A LOOK AHEAD

Late Aug Initiation into the Realm of the Arctic
30 Aug Mid-Patrol Break, Dutch Harbor

MOVIES

1100/Channel 3 - Lunch TV

1600/Channel 4 - Banger Sisters

1600/Channel 5 - Mr. 3000

1600/Channel 6 - Lot like love

1800/Channel 4 - 2 fast 2 furious

1800/Channel 5 - Cape Fear

1800/Channel 6 - Slow Burn

2000/Channel 3 - Series - Dead like Me

2000/Channel 4 - Butterfly effect

2000/Channel 5 - Sin City

2000/Channel 6 - Alexander Part 1 & 2

BARBER SHOP APPOINTMENT HOURS

FS2 Deggans: Tuesday/Wednesday 1330-1500

BM3 Buford: Tuesday/Thursday: 1800-2000

CWO Ward: Call anytime

DOC TALK:

Since October is the weigh-in time for us (yes, just around the corner again) I will be devoting the next few entries to weight loss concerns. First, here is a quick rundown on calories you burn every day:

1. 1000 per day if you are complete and utter couch potato (about 50 cal/hr)
 2. 2000 per day if you are up and about, walking, working, climbing stairs, standing watches, etc. (about 90 cal/hr)
 3. 3000 per day and more if you are an athlete working out every day (Lance Armstrong could burn more than 10,000 cal in one afternoon of Touring de France)
- There are about 3,500 calories in one pound of fat. Do not start starving yourself! Happier thoughts to follow...

INCINERATOR 101

1. Our incinerator barely deserves the name "incinerator", which implies a sort of gates-of-hell, surface-of-the-sun destructive power. Our incinerator is more like an overachieving oven, or an underachieving burn barrel. If you were careful you could make smores in it (why do you think FN is in the gym so much?)
2. Don't burn books in the incinerator. Books are too dense, especially if they're densely written. A book on German philosophy will sit in there for a month and be readable when you pull it out (why do you think FN is always spouting off about Hegel?)
3. Don't save your burning for Saturday. Burning things is fun all week long! The incinerator is open Monday through Friday.
4. Don't stay in the space too long—the smoke is not good for you. Unless you're up to 2 packs a day, then, eh, whatever.

CAPTION DAY—EMAIL YNC.



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J. C. JACKSON

Executive Officer

All Hazards, All Threats, Always Ready...Semper Paratus!

(b)(6) & (7)(c)



USCGC HEALY (WAGB-20)



PLAN OF THE DAY TUESDAY—15 AUGUST 2006

UNDERWAY DAILY ROUTINE

0700 - 0800 Breakfast
0900 Dept Head Mtg - Wardroom
1100 - 1200 Lunch
1225 + 1230 Officer's Call + Quarters
1700 - 1800 Dinner
1815 Planning Meeting (Wardroom)
1815 DCPQS Training (Messdeck)

A LOOK AHEAD

16 Aug Leadership Wednesday--Self-Awareness and Learning.
16-17Aug Incinerator Closed
Late Aug Initiation into the Realm of the Arctic
30 Aug Mid-Patrol Break, Dutch Harbor

MOVIES

1100/Channel 3 - Lunch TV
1600/Channel 4 - Beetlejuice
1600/Channel 5 - Two weeks notice
1600/Channel 6 - Peter Pan
1800/Channel 4 - 8 Mile
1800/Channel 5 - Barbershop 2: Back in business
1800/Channel 6 - Casanova
2000/Channel 3 - Series - Dead like Me
2000/Channel 4 - Signs
2000/Channel 5 - Platoon
2000/Channel 6 - Stargate - Atlantis Rising

BARBER SHOP HOURS (EMAIL FOR APPOINTMENT)

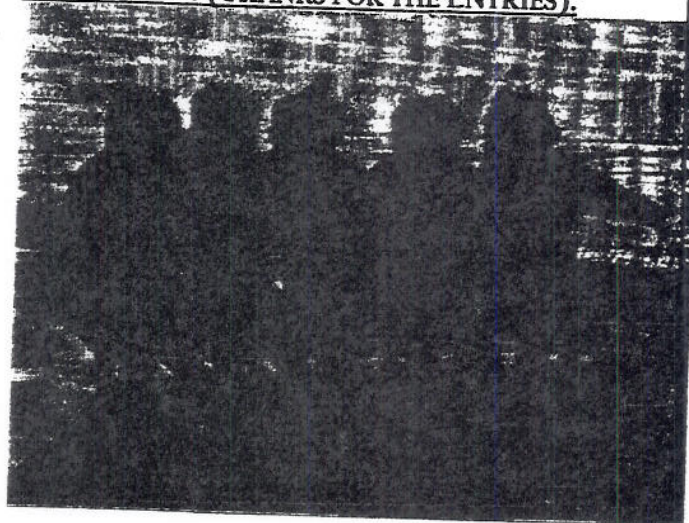
FS2 Tuesday/Wednesday 1330-1500
BM3 Tuesday/Thursday: 1800-2000

TODAY'S INCINERATOR QUIZ (T/F)

1. The incinerator could melt Chuck Norris
2. The incinerator is more powerful than 2 Easy Bake Ovens.

ADMIN TRAINING. Please Email YNC if you would like to see more Admin Training...Correspondence, HHGs, Travel, GTCC, Direct Access, Bonuses, etc.

CAPTION DAY (THANKS FOR THE ENTRIES).



1. Arctic rendition of the classic 70's song by the Commodores, 'Too Hot to TOT '!
2. (Then doing their Song and Dance) "We are the Tater tot Gang... the Tater Tot Gang...the Tater Tot Gang."-- The Cancan Girls on tour.
3. You put your right foot in, you take your right foot out...
4. Live from Radio City Music Hall--the Rockettes, not.
5. Nerd Herd.
6. The CG has cloned female JOs.
7. 'Hi-Ho, Hi-Ho, it's off to work we go (where's Doc & Sleepy?)
8. The Cast from "A Chorus Line" will take any gig these days.
9. Arctic Gear...No wonder no one threw any \$\$ at us.

Thanks to all who helped with the Crew
Endurance Management Survey!

J. C. JACKSON
Executive Officer

*All Hazards, All Threats, Always Ready...Semper
Paratus!*



USCGC HEALY (WAGB-20)



PLAN OF THE DAY WEDNESDAY-16 AUGUST 2006 ICE LIBERTY? WE SHALL SEE

UNDERWAY ROUTINE

All Day	Incinerator Closed (bulb is burnt out)
0700 - 0800	Breakfast
1100 - 1200	Lunch
1230	Quarters
1500	Sweep!
1700 - 1800	Dinner
1815	Planning Meeting (Wardroom)
1815	DCPQS Training (Messdeck)

A LOOK AHEAD

17 Aug	How to Write Awards Real Good (By YNC & XO - Wardroom: 1300)
21 Aug	Dutch Hbr Plng Mtg - 1300 - Cabin
Late Aug	Initiation into the Realm of the Arctic
30 Aug	Mid-Patrol Break, Dutch Harbor - The Jewel of the Caribbering!

MOVIES

1100/Channel 3 - Lunch TV
1600/Channel 4 - Alfie
1600/Channel 5 - Beverly Hillbillies
1600/Channel 6 - Cinderella Story
1800/Channel 4 - Abyss, The
1800/Channel 5 - Bad boys 2
1800/Channel 6 - Thelma and Louise
2000/Channel 3 - Series - Dead like Me
2000/Channel 4 - City by the Sea
2000/Channel 5 - Transporter, The
2000/Channel 6 - Taking lives

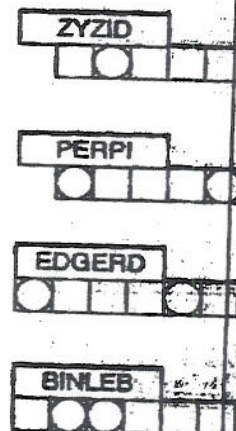
BARBER SHOP HOURS (EMAIL FOR APPOINTMENT)

FS2	Tuesday/Wednesday 1330-1500
BM3	Tuesday/Thursday: 1800-2000

DOC TALK... Last time I mentioned the number of calories in 1 lb. of fat--about 3,500. That's a round figure (round figure...get it?) but don't get discouraged. If you start even a moderate exercise regimen, the body will 'let go' of the first 5-20 lbs (depending on how much there is to let go of) without too much superhuman effort. The first rule of diets is: they never work. Well, hardly ever. More on diets later. Your body will burn fat if you give it oxygen, aka aerobic exercise. (SWEEPING BURNS 4,900 CALORIES EVERY MINUTE! - XO) In scientific terms that is excessive huffing alternately followed by excessive puffing. 30 min per day at

least 3 days per week and you will see results within a month, maybe sooner. See? Things are looking up already...

LEADERSHIP WEDNESDAY: SELF-AWARENESS AND LEARNING Leaders continually assess their personal behavior and are sensitive to the impact of their behavior on others. Successful leaders use evaluation tools to understand themselves. Leaders understand that leadership and professional development should be improved throughout their lives. Leaders seek feedback and opportunities for self-learning and development. Leaders challenge others and encourage them to become involved. Leaders adapt their behavior in response to changing conditions.



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer
here:



J. C. JACKSON
Executive Officer

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Paratus!

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USCGC HEALY (WAGB-20)



PLAN OF THE DAY THURSDAY--17 AUGUST 2006

UNDERWAY DAILY ROUTINE

0300 or so Maybe fly.
0700 - 0800 Eat Eggs
1100 - 1200 Eat Chicken
1225 & 1330 First Call & Quarters
1300 How to Write Awards Real Good
(By YNC & XO—Sci Conf Lounge)
BECCE's (restricted)
1300 CLEP Prep (ENS [redacted]—Wardroom)
1600-1700 Eat Pork
1700 - 1800 Planning Meeting (Wardroom)
1815 DCPQS Training (Messdeck)
1815

A LOOK AHEAD

19 Aug Trash Van (1000-1100)
21 Aug Dutch Hbr Planning Mtg (1300—Cabin)
TBD Correspondence Trng—CG Memo.
25 - 27 Initiation into the Realm of the Arctic
30 Aug Mid-Patrol Break, Dutch Harbor—The
Jewel of the Caribbering!
31 Aug End of Marking Period—E3
Sep E4 EERs due at end month.

MOVIES

1100/Channel 3 - Lunch TV

1600/Channel 4 - Tim Burton's Corpse Bride

1600/Channel 5 - Big Daddy

1600/Channel 6 - Mr Deeds

1800/Channel 4 - Accidental Spy, The

1800/Channel 5 - Batman Returns

1800/Channel 6 - Upside of anger

2000/Channel 3 - Series - Dead like Me

2000/Channel 4 - Bram Stoker's Dracula

2000/Channel 5 - Waiting

2000/Channel 6 - Titanic Part 1 & 2

Why you should be nice to cooks. The Tlingits, a Native Tribe of the Inside Passage, occasionally took exception to obnoxious Europeans. Following harsh treatment by a Spanish expedition traveling through, the Tlingits treated the next group of Spanish explorers to a shellfish dinner, which was followed quickly by fatal paralytic shellfish poisoning

BARBER SHOP HOURS (EMAIL FOR APPOINTMENT)

FS2 Tuesday/Wednesday 1330-1500
BM3 Tuesday/Thursday: 1800-2000

ACROSS

1. Runner's distance
6. Noisy, blue bird
8. Imperfection
12. Nights before
13. Like 2 wds.
14. Misplace
15. Dances and Kennedy
16. Energy
17. Throbbing pain
18. "Caught you!"
20. Put (a car) in the garage
22. Coloring stick
25. Skating-rink surface
26. Derby runner
27. Picnic nuisance
28. Explosive stuff, abbr.
31. President Lincoln, to friends
32. Urge (on)
33. Exclamation of wonder
34. Padded veggie
35. West of Hollywood?
36. Squander, as time
38. Practical joke
39. Become more ill
40. Gain liberty (from)
43. Wallet bill
44. Sonny and Cher and Simon and Garfunkel
46. Crash into
47. Has a success
51. Grasp firmly
52. Cautious ingredient in soap
53. Solo from "Alde"
54. Snaky swimmers
56. Money of S-Down
56. Dispatch

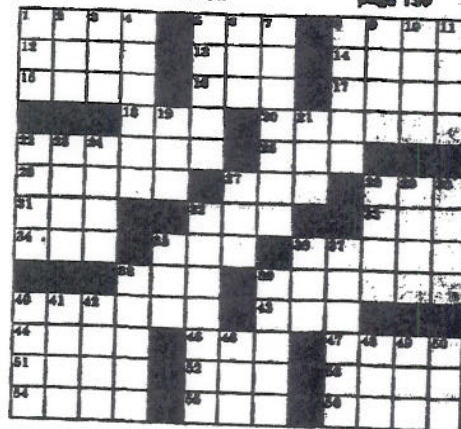
DOWN

1. Ran into
2. "— got a great idea!"
3. Went before
4. School papers
5. Tokyo's nation
6. Saloon order
7. Small dog's action
8. Blase up suddenly
9. Secure with a key
10. Tennis great, Arthur —
11. Unwanted plant
19. Trowel's cousin
21. Play division
22. Fellow; guy
23. Judge's attire
24. Vicinity
27. Got older
28. Underhand throw

CROSSWORD 40

29. Brief letter
30. At that time
32. With relish
35. Atlas chart
36. Achieved a victory
37. Boating venues
38. Inhaler suddenly
39. Crown girls
40. Cliff's border
41. "Certainly"
42. Spiral form
45. Sailor's ascent
48. Exile
49. Bowling target
50. Ghum

Solution is on page 139



J. C. JACKSON
Executive Officer

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USCGC HEALY (WAGB-20)



PLAN OF THE DAY FRIDAY--18 AUGUST 2006

UNDERWAY ROUTINE

0700 - 0800 Breakfast
1100 - 1200 Lunch
1225 & 1230 First Call & Quarters
1600-1700 CLEP Prep
1700 - 1800 Dinner
1815 Planning Meeting (Wardroom)
1815 DCPQS Training (Messdeck)

MOVIES

1100/Channel 3 - Lunch TV
1600/Channel 4 - Billy Madison
1600/Channel 5 - Cannon Ball Run II
1600/Channel 6 - Major League II
1800/Channel 4 - Adventures of Pluto Nash
1800/Channel 5 - Big Fish
1800/Channel 6 - Troy
2000/Channel 4 - XXX - State of the Union
2000/Channel 5 - Unfaithful
2000/Channel 6 - Schindler's List

A LOOK AHEAD

Our schedule for the next several weeks will change. This science mission has concluded. We will be off Barrow late Saturday. After we do our work there, we will sail south.

Your mission on HEALY is important. We plan to continue with the rest of our 2006 missions. Our plans for the next few weeks are not yet clear. I'll keep you posted.

19 Aug	CPO Meeting
19 Aug	Field Day/XO Berthing Inspection
19 Aug	Trash Van (1000-1100)
TBD	Correspondence Trng—CG Memo.
31 Aug	End of Marking Period—E3
Sep	E4 EERs due at end month.

J. C. JACKSON
Executive Officer

Eternal Father, Strong to save,
Whose arm hath bound the restless wave,
Who bid'st the mighty Ocean deep
Its own appointed limits keep;
O hear us when we cry to thee,
for those in peril on the sea.



USCGC HEALY (WAGB-20)



PLAN OF THE DAY SATURDAY--19 AUGUST 2006

UNDERWAY DAILY ROUTINE

0700 - 0800 Breakfast
1000 XO's Berthing Inspection
1000 - 1100 Trash Vans Open
1100 - 1200 Lunch
1200 CPO Mess Mtg. (1200)
1230 Quarters
1600 (approx) Flight Ops; to Barrow
1700 - 1800 Dinner
1815 Planning Meeting
1825 & 1830 Bingo Card Sale & Bingo
1900 + Flight Ops; Inbound Pax
2000 HEALY Cinema Feature—Coyote Ugly
2300 (approx) Flight Ops

MOVIES

1200/Channel 4 - After the sunset
1200/Channel 5 - Bad news Bears, The
1200/Channel 6 - Ultraviolet
1400/Channel 4 - An American werewolf in Paris
1400/Channel 5 - Big Easy, The
1400/Channel 6 - Veronica Guerin
1600/Channel 4 - Blues Brothers
1600/Channel 5 - Zathura
1600/Channel 6 - Mask of Zorro
1800/Channel 4 - Almost Salinas
1800/Channel 5 - Bodyguard, The
1800/Channel 6 - White Chicks
2000/Channel 4 - Midnight Express
2000/Channel 5 - Brothers Grimm
2000/Channel 6 - Wrong turn
2000/Channel 5 - Unfaithful
2000/Channel 6 - Schindler's List

A LOOK AHEAD

HEALY WILL REMAIN OFF BARROW UNTIL LATE EVENING ON SUNDAY, TAKING ABOARD OUR CRITICAL INCIDENT STRESS MANAGEMENT TEAM (WHO ARE STAYING FOR SEVERAL DAYS) AND HOSTING A VISIT BY VADM WURSTER, THE PACIFIC AREA COMMANDER. VADM WURSTER WILL LEAVE HEALY AFTER HE HAS A CHANCE TO ADDRESS THE CREW.

WE ARE ALSO TAKING ABOARD A GROUP OF FOUR OFFICERS WHO WILL BE STAYING FOR SEVERAL DAYS TO CONDUCT AN INVESTIGATION INTO THE DEATHS OF OUR SHIPMATES.

HEALY WILL ARRIVE OFF NOME ON TUESDAY MORNING AND SEND OUR SCIENCE PARTY ASHORE. WE WILL THEN SAIL FOR KODIAK, ARRIVING ON THE FOLLOWING SATURDAY MORNING. WE WILL STAY IN KODIAK AT A DOWNTOWN PIER - NOT THE CG BASE - FOR 4 DAYS. THEN WE'LL SAIL TO DUTCH, SPEND 3 DAYS, AND SAIL FOR OUR THIRD ARCTIC SCIENCE MISSION.

J. C. JACKSON

Executive Officer

All Hazards, All Threats,
Always Ready....Semper Paratus



USCGC HEALY (WAGB-20)



PLAN OF THE DAY SUNDAY--20 AUGUST 2006

UNDERWAY HOLIDAY ROUTINE

0700 - 0900 Breakfast
1000 Catholic Services (Wardroom)
1000 - 1200 Brunch
1300 Protestant Services (Wardroom)
1500 Planning Meeting (Wardroom)
1700 - 1800 Dinner

A LOOK AHEAD

HEALY will remain off Barrow until late Sunday evening, taking aboard a CISM Team, who'll be with us for several days, as well as hosting VADM Wurster, the PacArea Commander. VADM Wurster will depart HEALY after meeting with all of us.

HEALY will arrive off Nome on Tuesday morning and send our science party ashore. We'll then sail for Kodiak, arriving Saturday Morning and staying at a downtown pier (not the CG Base) for 4 days. Then on to Dutch Harbor where we'll stay for three days before we sail for the Arctic on the final leg of this deployment.

Other upcoming events

28 Aug Exterior Washdown (03 Deck & below)
31 Aug End of Marking Period—E3
Sep E4 EERs due at end month.

Ship's Store Bill - Never forget that the reach of Java Hut is long, and its collections squad is merciless. So avoid the midnight knock on your door back home, and stop by Java Hut to pay your bill before you leave the ship.

MOVIES

1000/Channel 4 - Antwone Fisher
1000/Channel 5 - Batman and Robin
1000/Channel 6 - Lord of the Rings (Uncut Version)

1200/Channel 3 - Classic Movie Theater
1200/Channel 4 - Amistad
1200/Channel 5 - White men can't jump
1200/Channel 6 - Lord of the Rings (Uncut Version)

1400/Channel 3 - Classic Movie Theater
1400/Channel 4 - Alone in the dark
1400/Channel 5 - Bonnie and Clyde
1400/Channel 6 - Lord of the Rings (Uncut Version)

1600/Channel 3 - Classic Movie Theater
1600/Channel 4 - Austin Powers 3: Goldmember
1600/Channel 5 - Bringing down the house
1600/Channel 6 - Happy Gilmore

1800/Channel 3 - Classic Movie Theater
1800/Channel 4 - Bourne Identity, The
1800/Channel 5 - You got served
1800/Channel 6 -

2000/Channel 3 - Series - Dead like Me
2000/Channel 4 - American Me
2000/Channel 5 - X-Files
2000/Channel 6 - Oceans Twelve

J. C. JACKSON

Executive Officer

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